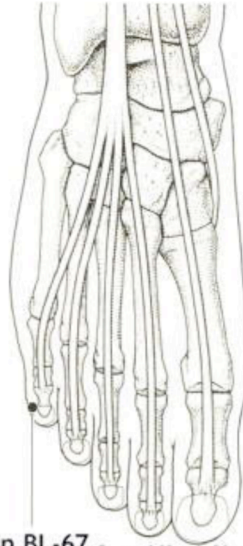


## **Zhiyin BL67**

From Debra Betts Acupressure During Labour Handout

### **Point Location**

This point lies on the little toe, just on the outside aspect of the toenail.



Zhiyin BL-67 Source: A Manual of Acupuncture

### **Moxa Technique**

For instructions on how to use moxa on Zhiyin BL-67 and other acupoints, please refer to the leaflet Guidelines for Using Moxa

### **Acupressure Technique**

This point is usually stimulated using a very tiny needle on a plaster for each toe –termed press needles they are used by acupuncturists for ear acupuncture. In preparation for labour these may be able to be sourced from a local acupuncturist and taken into labour, just in case. When the baby presents in a posterior position during labour they can then be applied and left in place; if they feel uncomfortable they need to be repositioned.

When using local pressure to stimulate the point the blunt end of a ballpoint pen or a fingernail can be used, feedback suggests the support person simply applies pressure for up to five minutes.